

DMHDD Planning and Policy Council

The DMHDD Planning and Policy Council's duty is to advise the department about the service system, policy development, legislation, budget requests and system evaluation and monitoring.

The council replaced the Board of Trustees under the changes in the 2000 revision of Title 33 of the Tennessee Code Annotated. The mental health and developmental disability law governs the delivery of services to Tennesseans with mental illness, serious emotional disturbance, developmental disabilities and persons who need inpatient alcohol and/or drug services.

This council has a minimum of 17 members, not including ex officio members, appointed by the commissioner for three-

year terms.

The Speaker of the Senate and the Speaker of the House of Representatives each appoints one legislator as a member of the council. The governor is an ex officio member of the council and appoints the chairman and may appoint representatives of state agencies as ex officio members of the council.

Current or former service recipients and members of service recipient families comprise a majority of the council's membership and represent mental health, developmental disabilities, children, adults and elderly services. Service providers and others affected by the services are also represented.

Mary Rolando, chairperson
Nashville

Dr. Bill Allen
Talbott

Robert Benning *
Oak Ridge

Michael Cartwright *
Nashville

Senator Bill Clabough
Maryville

Mary Ann Eckles *
Murfreesboro

Andrew Fox
Memphis

Bobby Freeman, Ph.D.
Chattanooga

Barbara Gray **
Huntington

C. Turner Hopkins *
Memphis

Pam Jackson **
Chattanooga

Rep. Mark Maddox
Dresden

Joseph Marshall *
Knoxville

Sheryl McCormick *
Knoxville

Dr. Herbert Meltzer
Nashville

Donald Redden **
Dickson

Bernice Robinson **
Memphis

Carol Westlake **
Nashville

James Whaley *
Nashville

Ex Officio Members

Governor Don Sundquist

Commissioner Elisabeth Rukeyser
Department of Mental Health and
Developmental Disabilities

Carl Brown
Division of Vocational Rehabilitation,
Department of Human Services

Katy Gammon
Health Care Facilities
Department of Health

Dr. Stephanie Perry
Bureau of Alcohol & Drug Abuse
Services, Department of Health

Paul Miller
Bureau of TennCare
Department of Finance &
Administration

Joe McLaughlin, Ph.D.
Office of Health Services
Department of Finance &
Administration

Joe Fisher
Department of Education

Mary Beth Franklyn
Department of Children's Services

**Present or immediate past members of the
Mental Health Planning and Policy
Council.*

***Members of the Developmental
Disabilities Planning and Policy Council.*

Mental Health Planning and Policy Council

The Mental Health Planning and Policy Council is composed of service recipients and family members, advocates, providers and other affected persons and organizations.

This council advises the statewide planning and policy council on the department's strategic plan. It also provides

information and advice to the DMHDD concerning policy, budget, preparation and development and evaluation of services and supports.

Current members are as follows:

Bob Benning Oak Ridge	Michael Cartwright Nashville	Joyce Judge Knoxville	Beverly Schultz Elizabethton
Sita Diehl Nashville	Marilou Coats Chattanooga	Don Larkin, Ph.D. Johnson City	Shirley Shea Nashville
Elliott Garrett Nashville	Carol Cox Oak Ridge	Lenny Lococo Nashville	Rep. David Shepard Nashville
Mamie McKenzie Nashville	Bonnie Currey Chattanooga	Cathy McCaughan Knoxville	Ray Sinor Chattanooga
George Haley Nashville	Barbara Dobbins Knoxville	Sheryl McCormick Knoxville	George Spain Nashville
Lori Abbott Greenfield	Betty Duncan Gallatin	Dancy McKinney Memphis	Paula Stockdale Paris
Kathy Benedetto Johnson City	Olivia Evans Tulahoma	Paul Miller Nashville	Verdine Thompson Athens
Anita Bertrand Nashville	Stella Flynn Nashville	Linda Moynihan Nashville	Linda VanderMeer Nashville
Dick Blackburn Nashville	Anthony Fox Lawrenceburg	Janice Myrick Nashville	Bobbie Wethington Knoxville
Jeff Blum Nashville	Katrina Gay Hendersonville	Ann Nolen Memphis	Marilyn Whalen Nashville
Chere' Bradshaw Millington	David Gettys Hermitage	Linda O'Neal Nashville	James Whaley Nashville
Jo Ann Brown Memphis	Bruce Green Hendersonville	Diane Oman Decaturville	Mickie Whitaker Jackson
Charlotte Bryson Nashville	Tim Hamilton Nashville	June Palmer Dyersburg	June Winston Memphis
Deborah Cagle Nashville	Barry Hale Bolivar	Stephanie Perry, M.D. Nashville	Pam Womack Nashville
Lauri Carlson Memphis	Craig Anne Heflinger, Ph.D. Nashville	Gene Pool Spring City	Evelyn Yeargin Nashville
Joseph Carobene Nashville	Carolyn Jones Knoxville	Barbara Quinn Nashville	

134

The Number Mental Illness

According to a recent study by the World Health Organization, the World Bank, and Harvard University mental disorders account for 4 of the 10 leading causes of disability in established market economies worldwide. These disorders are: major depression, manic-depressive illness, schizophrenia and obsessive-compulsive disorder. Other research has estimated that the cost of mental illnesses in the United States, including indirect costs such as days lost from work, was \$148 billion in 1990, the last time the total bill was measured.

Depression

- More than 19 million adult Americans age 18 and over will suffer from a depressive illness — major depression, bipolar disorder or dysthymia each year. Many of them will be unnecessarily incapacitated for weeks or months because their illness is untreated.
- The onset of depression may be occurring earlier in life in people born in recent decades compared to the past.
- Nearly twice as many women (12 percent) as men (7 percent) are affected by a depressive illness each year.
- Depression is a frequent and serious complication of heart attack, stroke, diabetes and cancer, but is very treatable.
- Depression increases the risk of having a heart attack. According to one recent study that covered a 13-year period, individuals with a history of major depression were four times as likely to suffer a heart attack compared to people without such a history.
- Depression costs the nation more than \$30 billion per year in direct and indirect costs, according to the most recent data available.

- Major depression is the leading cause of disability in the United States and worldwide, according to a recent study by the World Health Organization, the World Bank and Harvard University.

Manic—Depressive Illness

- More than 2.3 million Americans age 18 and over—about 1 percent of the population—suffer from manic-depressive illness.
- As many as 20 percent of people with manic-depressive illness die by suicide.
- Men and women are equally likely to develop manic-depressive illness.

Suicide

- In 1996, approximately 31,000 people died from suicide in the United States.
- Almost all people who kill themselves have a diagnosable mental disorder, most commonly depression or a substance abuse disorder.
- The highest suicide rates in the United States are found in white men over age 85.
- The suicide rate in young people has increased dramatically in recent years. In 1996, the most recent year for which statistics are available, suicide was the 3rd leading cause of death among 15 to 24 year olds.
- Men are more than four times as likely as women to commit suicide.



ers Count; ness in America

Schizophrenia

- More than 2 million adult Americans are affected by schizophrenia.
- In men, schizophrenia usually appears in the late teens or early twenties. The disorder usually shows up when women are in their twenties to early thirties.
- Schizophrenia affects men and women with equal frequency.
- Most people with schizophrenia suffer chronically throughout their lives.
- One of every 10 people with schizophrenia eventually commits suicide.
- Schizophrenia costs the nation \$32.5 billion annually, according to the most recently available data.

Anxiety Disorders

- More than 16 million adults, ages 18 to 54, in the United States suffer from anxiety disorders, which include panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder, social phobia and generalized anxiety disorder.
- Anxiety disorders cost \$46.6 billion in 1990.
- Anxiety disorders are frequently complicated by depression, eating disorders, or substance abuse. Many people have more than one anxiety disorder.

Panic Disorder

- Panic disorder affects about 1.7 percent of the adult population ages 18 to 54, or 2.4 million people, in a given year.

- Panic disorder typically strikes in young adulthood. Roughly half of all people who have panic disorder develop the condition before age 24.
- Women are twice as likely as men to develop panic disorder.
- People with panic disorder may also suffer from depression and substance abuse. About 30 percent of people with panic disorder abuse alcohol and 17 percent abuse drugs such as cocaine and marijuana.
- About one-third of all people with panic disorder develop agoraphobia, an illness in which they become afraid of being in any place or situation where escape might be difficult or help unavailable in the event of a panic attack.

Obsessive-Compulsive Disorder (OCD)

- About 2.3 percent of the U.S. adult population ages 18 to 54, approximately 3.3 million Americans, have OCD in a given year.
- OCD affects men and women with equal frequency.
- The nation's social and economic losses due to OCD totaled \$8.4 billion in 1990.

Continued on next page

Post-Traumatic Stress Disorder (PTSD)

- In the United States, about 3.6 percent of adults ages 18 to 54, or 5.2 million people, have PTSD during the course of a given year.
- PTSD can develop at any age, including childhood.
- PTSD is more likely to occur in women than in men.
- About 30 percent of men and women who have spent time in war zones experience PTSD. The disorder also frequently occurs after violent personal assaults, such as rape or mugging or domestic violence; terrorism; natural or human caused disasters; and accidents.
- Depression, alcohol or other substance abuse, or another anxiety disorder often accompany PTSD.

Social Phobia

- About 3.7 percent of American adults ages 18 to 54, or 5.3 million people, have social phobia in a given year.
- Social phobia occurs in women twice as often as men, although a higher proportion of men seek help for this disorder.
- The disorder typically begins in childhood or early adolescence and rarely develops after age 25.
- Social phobia is often accompanied by depression and may lead to alcohol or other drug abuse.

Attention Deficit Hyperactivity Disorder (ADHD)

- ADHD is one of the most common mental disorders in children, affecting 3 to 5 percent of school-age children.
- Two to three times more boys than girls are affected.
- ADHD has long-term adverse effects on success at school, work, and in social relationships.
- National public school expenditures on behalf of students with ADHD exceeded \$3 billion in 1995.
- As they grow older, children with untreated ADHD who have a coexisting conduct disorder often experience drug abuse, antisocial behavior, teenage pregnancy and injuries of all sorts.

Autism

- Autism and related disorders (also called autism spectrum disorders or pervasive developmental disorders) represent chronic and severely disabling developmental disorders. There is no known cure.
- There are 1 to 2 cases of autism per 1,000 people.
- These disorders develop in childhood and are generally apparent by age three.
- Autism is three to four times more common in boys than girls. Girls with the disorder, however, tend to have more severe symptoms and lower intelligence.
- These disorders present families with financially and emotionally costly challenges over the lifespan of their affected children. About 60 percent of adults with autism will require continued care throughout their lives.
- The cost of health and educational services to those affected by autism exceeds \$3 billion each year.



Important Phone Numbers and Addresses:

Children Mental Health Contacts

Charlotte Bryson, Executive Director
Tennessee Voices for Children
1315 8th Avenue South
Nashville, TN 37203
(615)269-7751
(615)269-8914 (FAX)

National Association for the Mentally Ill (NAMI)

Contacts:

Joyce Judge, Executive Director
Tennessee Alliance for the Mentally Ill
5401 Homberg Drive, Suite 4
Knoxville, TN 37919
(865) 602-7900

NAMITN@aol.com

NAMI Tennessee
1 (865) 602-7900
1(800)467-3589

NAMI Regional Numbers

East Tennessee
1(800)929-5609

Middle Tennessee
1(888)232-7830

*West Tennessee

1(888)875-4687

(*You may need to leave a message. All calls are monitored. If your call is a crisis, you may need to call your local number.)

Statewide Crisis Line
1(800)809-9957

Department of Mental Health and Developmental Disabilities (DMHDD)

DMHDD's Office of Consumer Affairs
1(800)560-5767

EAP Phone Number for State Employees
1(877)237-8574

Dual Diagnosis

Michael T. Cartwright, Executive Director
Foundations Associates
220 Venture Circle
Nashville, TN 37228
(615) 742-1000
(615) 742-1009 (FAX)

1(888) 869-9230

Foundati@bellsouth.net
www.dualdiagnosis.org
Info@dualdiagnosis.org

Resource and Crisis Support Contacts

Alzheimer's Association www.alz.org	Division TEACCH Treatment and Education of Autistic and Related Communication Handicapped Children www.unc.edu/depts/teacch
American Academy of Child and Adolescent Psychiatry www.aacap.org	Epilepsy Foundation - National Office www.efa.org
American Association on Mental Retardation (AAMR) www.aamr.org	Easter Seals - National Office www.easter-seals.org
American Association of Suicidology www.suicidology.org	Family Caregiver Alliance www.caregiver.org
American Medical Association www.ama-assn.org	Federation of Families for Children's Mental Health www.ffcmh.org
American Psychiatric Association www.psych.org	Freedom From Fear www.freedomfromfear.org
American Psychological Association www.helping.apa.org	Institute for Mental Health Initiatives www.gwumc.edu/sphhs/imhi
American Speech-Language-Hearing Association (ASHA) www.asha.org	International Dyslexia Association www.interdys.org
Anxiety Disorders Association of America www.adaa.org	Internet Mental Health www.mentalhealth.com
Arc of Tennessee www.thearctn.org	Joint Commission on Accreditation of Healthcare Organizations www.jcaho.org
The Arc of the United States www.thearc.org	KEN (Knowledge Exchange Network) www.mentalhealth.org
Association for Advancement of Behavior Therapy www.aabt.org	Learning Disabilities Association of America (LDA) www.ldanatl.org
Autism Society of America www.autism-society.org	March of Dimes Birth Defects Foundation www.modimes.org
Bazelon Center for Mental Health Law www.bazelon.org	Mental Health Association of Tennessee (615) 242-7122 (615) 242-9637 (FAX)
Behavior OnLine www.behavior.net	Mental Health Net www.cmhc.com
Brain Injury Association www.biausa.org	Mental Health Net - PsychNews International www.mentalhelp.net
Centers for Disease Control and Prevention www.cdc.gov	Mental Health Search www.mentalhealth.about.com
C.H.A.D.D. (Children and Adults with Attention-Deficit/ Hyperactivity Disorder) www.chadd.org	Mental Wellness www.mentalwellness.com
Consumers Self-Help Clearinghouse www.mhselfhelp.org	Medscape: Online Resources for Better Patient Care www.medscape.com
Council for Exceptional Children www.cec.sped.org	University of Michigan Child and Adolescent Psychiatric Hospital www.med.umich.edu/psych/child/index.htm
Department of Health and Human Services www.hhs.gov	
Dual Diagnosis Recovery Network www.dualdiagnosis.org	

NAMI Tennessee
<http://namitn.nami.org/namitn>

National Alliance for the Mentally Ill
www.nami.org

National Association of Protection & Advocacy Systems
www.protectionandadvocacy.com

National Association of State Mental Health Program Directors
www.nasmhpd.org

National Association for the Education of Young Children
www.naeyc.org

National Attention Deficit Disorder Association
www.add.org

National Center for Learning Disabilities
www.ncld.org

National Clearinghouse on Family Support and Children's Mental Health
www rtc.pdx.edu

National Council on Disability
www.ncd.gov

National Down Syndrome Congress
www.ffcmh.org

National Down Syndrome Society
www.ndss.org

National Information Center for Children and Youth with Disabilities (NICHCY)
www.nichcy.org

National Institutes of Health
www.nih.gov

National Institute of Mental Health
www.nimh.nih.gov

National Mental Health Association
www.nmha.org

National Organization on Disability
www.nod.org

National Rehabilitation Information Center (NARIC)
www.naric.com/

The National Resource Center on Homelessness and Mental Illness
email: nrc@prainc.com

President's Task Force on Employment of Adults with Disabilities
http://www.dol.gov/_sec/programs/ptfead/main.htm

Proyecto de Asistencia Tecnologica de Puerto Rico (Puerto Rico Technology Assistance Program)
www.pratp.org

Obsessive Compulsive Foundation
www.ocfoundation.org

Social Security Administration
www.ssa.gov

Spina Bifida Association of America
www.sbaa.org

TASH (formerly the Association for Persons with Severe Handicaps)
www.tash.org

Tennessee Voices for Children
www.TNVoces.org

United Cerebral Palsy Associations, Inc.
www.ucpa.org

U.S. Department of Health & Human Services
www.dhhs.gov

Dick Blackburn, Executive Director
Tennessee Association of Mental Health Organizations (TAMHO)
42 Rutledge Street
Nashville, TN 37210-2043
(615) 244-2220
(615) 254-8331 (FAX)
1-800-568-2642 (Toll Free)
TAMHO@tamho.org www.tamho.org/

Alcohol & Drug Abuse

Robert (Bob) Currie, Executive Director
Alcohol and Drug Council of Middle TN
2612 Westwood Drive
Nashville, TN 37204
(615) 269-0029
(615) 269-0299 (FAX)

Senior Citizen Mental Health Contacts

Jim Whaley, Executive Director
Commission on Aging and Disability
Andrew Jackson Building, 9th Floor
500 Deaderick Street
Nashville, TN 37243-0860
(615) 741-2056
(615) 741-3309 (FAX)

Janet Jernigan, Executive Director
Nashville Senior Citizens Center
1801 Broadway
Nashville, TN 37203
(615) 327-4551
(615) 327-4554 (FAX)